

# DINNERLY



## Feed A Crowd: Mild Indian Chicken Curry

Same Meal Price, More Servings!



30 minutes



2 Servings

Want extra bang for your buck? Serve up more with our Feed A Crowd recipes. We've used the same amount of meat but added more hearty ingredients like filling carbs and veggies to satisfy hungry tummies. If you're on a 2-person plan, these recipes make 4 portions; on a 4-person plan, they make 8 portions.



#### WHAT WE SEND

- 2 carrots
- 2 zucchini
- free-range chicken thigh fillets
- 10g vadouvan curry powder <sup>17</sup>
- 300g jasmine rice
- 400ml coconut milk

#### WHAT YOU NEED

- 2 garlic cloves
- 1 tbs vegetable oil
- 1 tbs soy sauce <sup>6</sup>
- 1 tsp sugar

#### TOOLS

- medium saucepan with lid
- large deep frypan

Our veggies come straight from the farm, so please wash them before cooking.

#### ALLERGENS

Soy (6), Sulphites (17). May contain traces of other allergens.

#### NUTRITION PER SERVING

Energy 555kcal, Fat 26.5g, Carbs 72.8g, Proteins 22.3g



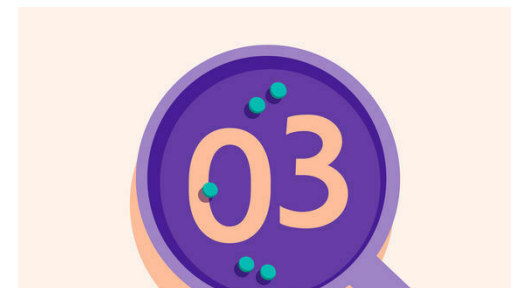
#### 1. Prep ingredients

Peel the **carrots**, then halve lengthwise and thinly slice on an angle. Halve the **zucchini** lengthwise and thinly slice. Crush or finely chop **2 garlic cloves**. Thinly slice the **chicken**. Put the chicken, garlic, **half the curry powder** and **2 tsp vegetable oil** in a bowl, season with **salt and pepper** and toss to coat.



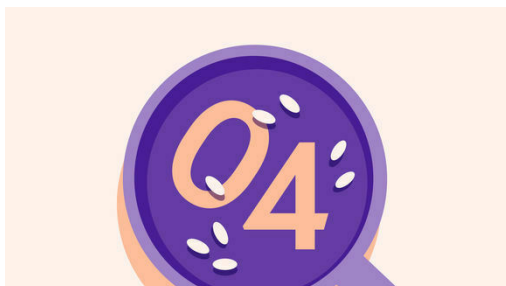
#### 2. Cook rice

Rinse the **rice** until the water runs clear. Put in a medium saucepan with **450ml water**, cover and bring to a simmer over medium heat. Reduce the heat to low and cook for 12 mins or until tender and the water is absorbed. Turn off the heat and stand, covered, for at least 5 mins.



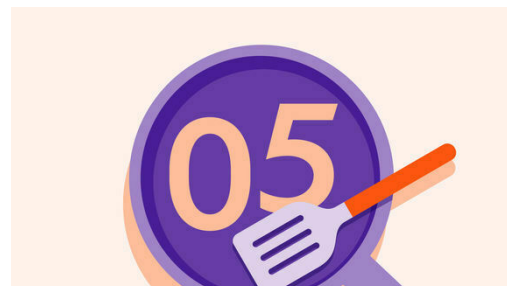
#### 3. Brown chicken

Meanwhile, heat a large deep frypan over high heat. Cook the **chicken**, stirring occasionally, for 3-4 mins until browned. Remove from the pan. Heat **2 tsp vegetable oil** in the pan over medium heat. Cook the **carrot**, stirring, for 2 mins. Add the **remaining curry powder** and cook, stirring, for 1 min or until fragrant.



#### 4. Simmer curry

Add the **chicken, coconut milk** and **250ml (1 cup) water** to the carrot mixture and bring to the boil. Reduce the heat to medium and cook for 5-7 mins until slightly reduced. Add the **zucchini** and cook for a further 3-5 mins until the zucchini is tender and the chicken is cooked through.



#### 5. Serve up

Stir **1 tbs soy sauce** and **1 tsp sugar** into the curry. Taste, then season with **salt and pepper**. Remove the pan from the heat. Divide the **rice** and **curry** among bowls and enjoy!



#### 6. Feed A Crowd

Empty out the crisper drawer and boost your veggies by adding whatever you have on hand, from broccoli and mushrooms to capsicum and beans.